




### Senior Lunch Menu - December 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Beef Tamales Spanish Rice 4 Way Salad Mix with 1,000 Island Dressing Fruited Gelatin Juice 	Salisbury Steak with Gravy Mashed Potatoes Broccoli Wheat Bread & Margarine Pineapple Cake with Whip Topping Diet: Diet Cake with diet topping	Chicken with Plum Sauce Jasmine Rice Oregon Blend Vegetables Wheat Bread & Margarine Fresh Fruit	<b>Birthday Celebration</b> Tuna Noodle Casserole 4 Way Salad Mix with Ranch Dressing Green Beans Wheat Bread & Margarine Apple Crisp	<b>Split Pea Soup</b> w / Crackers Chicken Salad Sandwich Wheat Bun Diced Cucumber & Tomato Salad with Ranch Dressing Fresh Fruit
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Baked Ham with Glazed Sauce Yams & Marshmallows Peas & Onions Wheat Bread & Margarine Mandarin Oranges	<b>Cream of Potato Soup</b> Chicken Breast with Herb Gravy Mixed Vegetables Wheat Bread & Margarine Fruit Pie	Baked Ziti Italian Blend Vegetable Green Salad With Italian Dressing Wheat Bread & Margarine Pineapple Chunks	<b>Winter Celebration</b> Chicken Cordon Bleu Baby Baker 4 Way Salad Mix with Ranch Dressing Capri Blend Vegetables Hawaiian Roll Cheesecake	Sliced Pork with Ginger Sauce White Rice Oriental Blend Hawaiian Roll & Margarine Lemon Pudding
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Homemade Beef Stew Winter Blend Mix Green Salad with Ranch Dressing Cornbread Muffin & Margarine Diced Apples	<b>Vegetable Pasta Soup</b> w/ Crackers Tuna Salad Sandwich Cold Quinoa Salad Wheat Bread Ranger Cookie Orange Juice	Pork Chili Verde Spanish Rice Pinto Beans Flour Tortilla Vanilla Pudding Pineapple Juice	<b>Corn Chowder Soup</b> w / Crackers Breaded Pollack Fish with Tartar Sauce Diced Tomato & Onion Salad Wheat Bread & Margarine Seasonal Fresh Fruit	Roast Beef & Mushroom Gravy Mashed Potatoes CA Blend Vegetables Wheat Bread & Margarine Chilled Purple Plums 
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Closed for the Holiday</b>	<b>Closed for the Holiday</b>	<b>Closed for the Holiday</b>	<b>Closed for the Holiday</b>	<b>Closed for the Holiday</b>
<b>31</b>				
<b>Closed for the Holiday</b>				

All Meals comply with the Dietary Guidelines for Americans (DGA) 2010 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

\*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily.  Indicates sodium content over 1,000 mg. Low Cholesterol, 0% transfat buttery spread served with bread and rolls